

**Walk the (Covid-19) Wilderness with Moses, pt 12:
The Gift of Rest
Exodus 16:13-36**

Is your life frenetic? Overloaded? Sleep-deprived?

Bread and meat (13-19, 31)

Daily bread – a life of faith (20-29)

Trusting God for “at tent delivery” every day

Dependence and Independence

Self-reliance usurps dependence

“If I get into trouble I’ll check back” mentality

Our path vs heeding God’s instructions (20, 27)

A painful refrain: *they did not listen*

Do you refuse to listen to God’s commands? (29-35)

Word over reason

Wake-up call

So important it gets a memorial

The blessing of rest (29-30)

While Christ fulfilled the Law, the rhythm of rest is a gift, rooted in creation.

Why do we choose the rat race over rest?

Problem: “You’re whacking out 14% of my progress”

Spiritual GFI (God Focus Interrupter) reset

We so easily discount the significance of spiritual focus.

Take it Home: What do you have to lose?